

PAMPHLETS

from the
**Maine Office of Substance Abuse
INFORMATION & RESOURCE CENTER**

How do I find out what pamphlets are available?

It's easy. Just follow these steps:

1. Go to our online catalog at: <http://osairc.informe.org/> (Basic search screen)
2. Click on the words **SEARCH PAMPHLETS**
3. Using the pamphlet subject headings provided on the back of this sheet, conduct a *Subject begins with* search.
4. Browse the list of titles and make your selections.

How do I order materials?

There are 4 ways to place an order:

1. Call us toll-free at 1-800-499-0027 or on our TTY at 1-800-215-7604
2. E-mail a request to osa.ircosa@maine.gov
3. Fill out the online request form available on our web site: <http://maineosa.org/irc/>
4. Fax a request to 207-287-8910.

Is there any cost? These resources are provided free of charge. Availability varies.

How do I find posters? To retrieve a list of all our posters, search the word *poster* on the basic search screen, or search *Titles contain poster* from the detailed search screen.

What if I don't find the drug I am looking for on the subject list?

1. Search the subject heading for the larger classification that the drug falls under. For example, valium is a sedative, so a search of the subject term: *sedatives* would bring up pamphlets on drugs in this classification.
2. Call the Information and Resource Center and we will assist you.

PAMPHLET SUBJECT LIST:

Addictions	Drugs	Medication management	Screening and assessment
Advertising	Drugs, Nonprescription	Mental health	Sedatives
Adult children of alcoholics	Drugs, Prescription	Mentoring	Self Esteem
AIDS (Disease)	Dual diagnosis	Methadone	Sexually transmitted diseases
Alateen	Eating disorders	Narcotics Anonymous	Smoking cessation
Alanon	Elderly	Native Americans	Steroids
Alcohol	Family recovery	Opioids	Stimulants
Alcoholics Anonymous	Fetal alcohol and drug effects	Parenting	Stress management
Alcoholism	Gambling	Peer pressure	Substance abuse in the workplace
Anger	Gay and lesbian	Post-traumatic stress disorder	Substance abuse treatment
Bullying	Grief	Pregnant women	Suicide prevention
Child abuse	Hallucinogenic drugs	Prevention	Support groups
Children of alcoholics	Hepatitis C	Project Graduation	Tobacco
Club drugs	Heroin	Recovery	Underage drinking
Cocaine	Impaired driving	Refusal skills	Violence
Codependency	Inhalants	Relapse	Violence prevention
Date rape drugs	Intervention	Responsible hosting	Women
Depression	Laws	Risk and protective factors	Youth
Drinking behavior	LSD	Ritalin	
Drug testing	Marijuana		

Please do not hesitate to contact us for any assistance in using our system or finding the resources you need.